

COLL. CAT.

WM
28
AC8
H3R4

SEMI-CENTENNIAL ANNIVERSARY

OF THE

RETREAT FOR THE INSANE,

AT

HARTFORD, CONN.,

JANUARY 7th, 1873.

REMARKS BY

WILLIAM R. CONE, Esq., VICE-PRESIDENT,

AND

HISTORICAL ADDRESS

BY

DR. GURDON W. RUSSELL, DIRECTOR,

TOGETHER WITH

EXTRACTS FROM THE YEARLY REPORT OF 1870,

BY

DR. JOHN S. BUTLER,

SUPERINTENDENT DURING NEARLY THIRTY YEARS.

ARRANGED BY

H. P. STEARNS, M. D., SUPERINTENDENT.

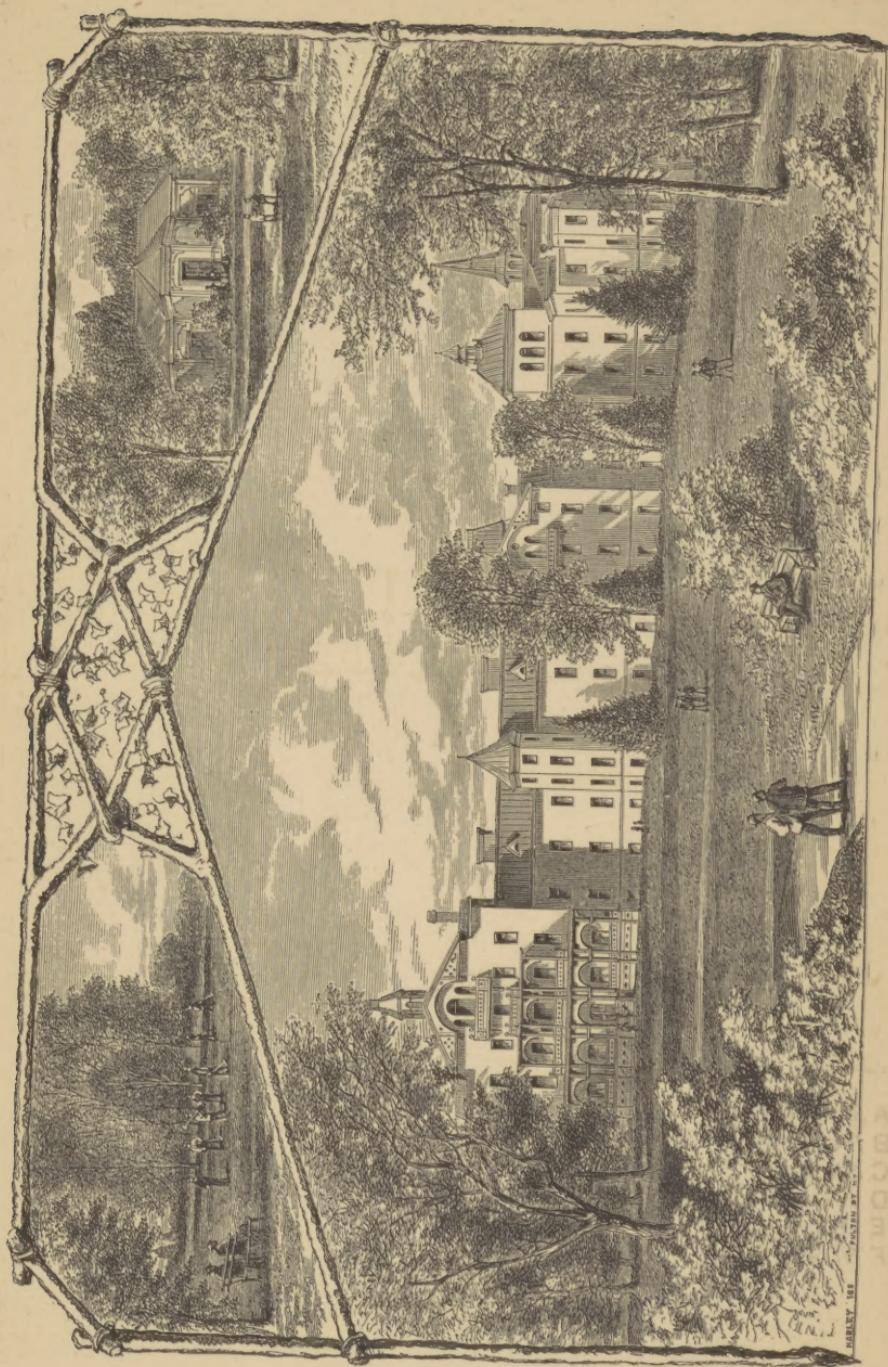
• • •

HARTFORD:

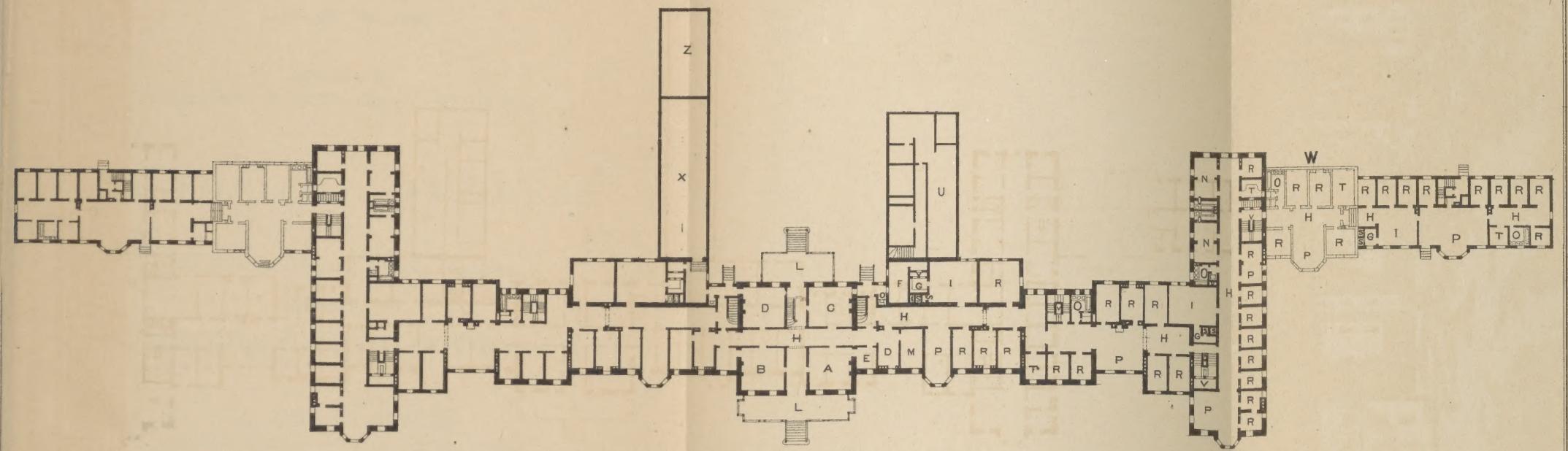
THE CASE, LOCKWOOD & BRAINARD CO., PRINTERS.

1876.

MAY 2 1962



CENTER AND NORTH WING OF THE RETREAT.



PLAN OF PRINCIPAL FLOOR.

A Superintendents Office.
B Public Parlor.
C Stewards Office.
D Reception Rooms.
E Dispensary.
F Store Room.

G Pantry.
H Corridor.
I Dining Rooms.
K DustFlues.
L Porticos.
M Directors Room.
N Suites of Rooms (Parlor, Bed Room, Bath Room & Water Closet.)

O Bath Rooms & Water Closets.
P Parlors.
R Bed Rooms.
S Lifts.
T Clothes Rooms.
U Bakery and Store Rooms

V Ventilating Shafts
W Intended Addition
X Amusement Hall
Z Boiler House

SEMI-CENTENNIAL ANNIVERSARY
OF THE
RETREAT FOR THE INSANE,

AT
HARTFORD, CONN.,

JANUARY 7th, 1873.

REMARKS BY
WILLIAM R. CONE, Esq., VICE-PRESIDENT,

AND

HISTORICAL ADDRESS

BY

DR. GURDON W. RUSSELL, DIRECTOR,

TOGETHER WITH

EXTRACTS FROM THE YEARLY REPORT OF 1870,

BY

DR. JOHN S. BUTLER,
SUPERINTENDENT DURING NEARLY THIRTY YEARS.

ARRANGED BY

H. P. STEARNS, M. D., SUPERINTENDENT.

— • • —

HARTFORD:
THE CASE, LOCKWOOD & BRAINARD CO., PRINTERS.
1876.

OFFICERS
OF THE
RETREAT FOR THE INSANE,
FOR THE YEAR 1876.

WILLIAM R. CONE, *President.*
CALVIN DAY, *Vice-President.*
THOMAS SISSON, *Treasurer.*
THOMAS BELKNAP, *Auditor.*
JONATHAN B. BUNCE, *Secretary.*

DIRECTORS CHOSEN AT THE ANNUAL MEETING.

THOMAS BELKNAP,	MARK HOWARD,
CALVIN DAY,	J. B. BUNCE,
CHARLES GOODWIN,	G. M. BARTHOLOMEW,
HORATIO E. DAY,	F. B. COOLEY,
SAMUEL S. WARD,	CHARLES M. BEACH,
GURDON W. RUSSELL,	GEORGE W. MOORE,
E. K. HUNT,	NATHANIEL SHIPMAN,
JAMES L. HOWARD,	THOMAS SISSON,
THOMAS SMITH,	J. C. JACKSON,
GEORGE P. BISSELL,	JOS. R. HAWLEY.

MANAGERS.

WILLIAM R. CONE, *Aetna Bank.*
CALVIN DAY, *73 Asylum Street.*
GURDON W. RUSSELL, *490 Main Street.*

HENRY P. STEARNS, M. D., *Physician and Superintendent.*
CHARLES W. PAGE, M. D., *Assistant Physician.*
G. B. PACKARD, M. D., *Junior Assistant Physician.*
REV. WM. THOMPSON, D. D., *Chaplain.*
GEORGE K. WELCH, *Apothecary.*
REV. GEO. E. SANBORNE, *Steward.*
MRS. GEO. E. SANBORNE, *Matron.*
MISS HARRIET E. BACON, *Supervisor.*

VISITING COMMITTEE.

DIRECTORS.

1876. June, Messrs. SHIPMAN, BUNCE, HAWLEY, BEACH.
July, " H. E. DAY, SISSON, J. L. HOWARD, JACKSON.
Aug., " SMITH, BISSELL, M. HOWARD, MOORE.
Sept., " COOLEY, BELKNAP, BARTHOLOMEW, WARD.
Oct., " SHIPMAN, BUNCE, HAWLEY, BEACH.
Nov., " H. E. DAY, SISSON, J. L. HOWARD, GOODWIN.
Dec., " SMITH, BISSELL, M. HOWARD, MOORE.
1877. Jan., " JACKSON, BELKNAP, BARTHOLOMEW, WARD.
Feb., " SHIPMAN, BUNCE, HAWLEY, BEACH.
March, " H. E. DAY, SISSON, J. L. HOWARD, COOLEY.
April, " SMITH, BISSELL, M. HOWARD, MOORE.
May, " JACKSON, BELKNAP, BARTHOLOMEW, WARD.

MEDICAL VISITORS.

- E. K. HUNT, M. D., HENRY M. KNIGHT, M. D.,
GURDON W. RUSSELL, M. D., LEWIS WILLIAMS, M. D.,
P. M. HASTINGS, M. D., FRANCIS BACON, M. D.

VISITING COMMITTEE OF LADIES.

- MRS. WM. R. CONE, MRS. THOMAS SMITH,
MRS. CALVIN DAY, MRS. P. M. HASTINGS,
MRS. F. B. COOLEY, MRS. THOMAS SISSON.

WILLIAM R. CONE'S ADDRESS.

Ladies and gentlemen—We are wont to mark dates and epochs in our lives, and birthdays are set apart and observed as steps in the progress of life. Families set apart days, and note the events in family life, in the observance of their silver, golden, and diamond weddings. Associations, societies, and charities have their days of observation in their semi-centennial and centennial celebrations.

On the 7th of January, fifty years ago, an event occurred in this city of Hartford of no ordinary importance to the cause of humanity, and we are here to-night by invitation to celebrate it.

An event which in that day of small beginnings and small things shows that there were men here of forecast, who saw and fully appreciated the necessities of the case; men who were fully imbued with the spirit and principles of a true sympathy, and large-hearted Christian charity.

Inquiry had been set on foot to ascertain the number of insane persons in the State, and it was found that 1,000 at least were laboring under the different phases of mental and nervous disease, and were for the most part destitute of the comforts, ease, and influences needed to restore them to health, happiness, and usefulness.

Application had been made to the Legislature of the State, and a charter obtained, with provision for raising the means for endowing an institution where these invalids could have the care and medical and moral treatment adapted to their necessities. This charter contained the grant of a brief, as it was called, deemed necessary in that day, authorizing contributions to be taken in all the churches in the State in aid of the object.

And the object itself was deemed of such importance that the Governor of the State was charged with the duty of issuing his

proclamation calling upon the charitably disposed in the State to contribute of their substance to this undertaking.

In this and other ways funds to a limited amount had been raised.

A site, where we are now assembled, had been fixed upon for its location, and fifty years ago this day a Retreat—that is the appropriate name of this institution—this Retreat, where the overwrought and the weary could find rest, and a retreat from their cares, discomforts, and sorrows, was fully inaugurated by the appointment of Dr. Eli Todd, whose portrait hangs there upon the wall, as the first superintendent to take charge of the medical and moral treatment of the patients, who should enjoy its comforts and his care.

A half century has now passed away, and the men of that day who were active in the founding of this enterprise have every one passed from life.

Of all whose names appear as contributors upon the Hartford roll, probably not more than three or four survive.

The names of many of them have long since passed away from among us, and are no where to be found in our city directory.

But their work, with its glorious results of many hundreds restored to health, happiness, and usefulness, still lives, and will continue to live and flourish in its mission of good through all time, and if these pioneers in this most excellent work, and this most noble charity, have no other monument to commemorate their lives and virtues, as you look upon these grounds, and the beautiful landscape to be seen from every window of this retreat, than which none more peaceful, quiet, and beautiful is to be found in all this valley of the Connecticut, and as you pass along these cheerful halls, into these cozy nooks and recesses, and through these home-like parlors and rooms, and see the provisions made through their agency for the diversion, comfort, care, and cure of this class of invalids, you will find a fitting monument to the memory of every one of them.

Ladies and gentlemen—Dr. Russell, a life-long resident of Hartford, for many years—and still—one of the medical visitors of the

Retreat, from his acquaintance with many of the pioneers in this work, and from his familiarity with its early history, and the events connected with its progress and success, has been invited to prepare the address for the occasion, and will tell us something of his recollections of the past, and something he has learned of the Retreat and those connected with it.

HISTORICAL ADDRESS

BY

DR. GURDON W. RUSSELL, DIRECTOR.

From all that now appears, both of record and tradition, the Connecticut Medical Society has the honor of initiating the movements which resulted in the establishment of the Retreat for the Insane. As early as 1812, Dr. Nathaniel Dwight, of Colchester, sent to the convention of the Society a communication upon the subject of a hospital for lunatics in this State, and a committee was appointed to collect proper information and report. There seems to have been nothing accomplished, for in 1814 Dr. Mason F. Cogswell was appointed to obtain information of the number of lunatics in the State, and how they are supported, by applying to the General Association of the Congregational Ministers. The investigation was evidently not very thorough, for only one hundred and forty-six are reported as in different degrees deprived of reason; and the matter seems to have rested until further action by the Medical Society in 1821, when Drs. Thomas Miner, Eli Todd, Samuel B. Woodward, William Tully, and George Sumner were appointed a committee on the subject of a lunatic asylum, with directions to report to an adjourned meeting.

This committee obtained information which "enabled them to pronounce with confidence that more than a thousand subjects of mental derangement are at this time scattered over the State." A petition was presented to the General Assembly the next year, praying "that an asylum or retreat might be provided, to mitigate their sufferings, and restore them to reason;" and in May, 1822, "Thomas Hubbard, Thomas Robbins, Thomas Miner, Samuel Carter, William Tully, Earl Swift, Samuel B. Woodward, John

Caldwell, Isaac Spencer, Thomas Day, and their associates and successors," were incorporated by the name and style of the "President and Directors of the Retreat for Insane."

At a meeting of the Society, held in Middletown on the 29th of October of this year, the act of incorporation was accepted, and a board of directors was chosen. I have heard that Middletown was selected as this place of meeting, as some desire had been expressed that the location of the institution should be in that city.

A subscription had been circulated in the several towns of the State, for funds to aid in the establishment of an institution. The canvass seems to have been thorough, and embraces the names of numerous individuals, many of whom subscribed small sums; less than four hundred dollars were collected in a few towns in other New England States. Among the subscriptions was one for thirty dollars, "payable in medicine;" another for "one gross New London bilious pills, market price thirty dollars;" and two for lottery tickets of the value of five dollars each; one of these became a blank, and the other a prize, the "net product" being seventeen dollars.

There were in this town two hundred and twenty-four subscribers, in sums varying from two hundred and fifty to two dollars each. Ten of these are now living; they are the connecting link between the last and the present generation, and in a few years these also will be gone, the last of those who initiated this humane work. It may be fairly put to you here to-night, whether in looking over the records of a long spent life, there will be found many which, as the end approaches, will give more of satisfaction than those which promise aid and comfort to our afflicted fellow men.

The amount of individual subscriptions was declared to be "not far from fourteen thousand dollars." The Connecticut Medical Society had appropriated six hundred dollars; the State had granted five thousand dollars upon certain conditions; and "in addition to the above sums the inhabitants of Hartford have offered about four thousand dollars, provided the institution should be established in that town."

There probably was no serious opposition to the location of the institution in this city, for at a meeting of the society on December 3d, the vote was unanimous in favor of Hartford, and on this day the directors appointed committees to fix upon a site, and report a plan for a building.

The committee, of which Bishop Brownell was chairman, reported on the 27th of December, that they had examined nine different places, and gave the prices for which each could be obtained, and their several advantages and disadvantages. It may gratify our curiosity to learn where these several places were. The "first was the Beckwith place, about one mile north of the (then) city line, consisting of forty-one acres." This was just south of the present residence of General Hillyer, on the Windsor road, and is now comprised as a part of his property; it could have been purchased at that time for about three thousand dollars.

"2. The Skinner place, half a mile north of the city line; the price could not be ascertained, but was probably too high." This was near the State Arsenal, and has since been known as the Pavilion.

"3. The Smith place, containing fifteen acres of land, northwest of the city, about fifty rods from the city line." It is thought that this was near the present Town House, and was owned by Normand Smith; the price was about three thousand dollars.

"4. The Scarborough place, two and a half miles west of the city; price not ascertained, but probably reasonable." This was on Prospect Hill, and is now owned by C. M. Pond.

"5. The Caldwell place, near the Asylum, four thousand dollars for fourteen acres." This extended west as far as, and perhaps beyond Sumner street.

"6. The Patten place, near the foregoing, twelve acres, price about three thousand dollars." This was probably near the present residence of James H. Holcomb.

"7. The Vineyard, a mile and three-quarters southwest from the city, price not known, but plenty of land adjoining at one hundred dollars per acre." This was the land lately owned by Joshua

Allen, on the elevation north of the Rocky Hill stone pits. Thomas Roach had made an unsuccessful attempt to establish a vineyard here, and hence the name. It is related that he was a Quaker, originally from New Bedford. He had a fine collection of cherry trees, and was much troubled by the birds eating the fruit. His principles would not allow him to use powder and shot for their destruction, and so he soothed his conscience by shooting them with bow and arrows.

"8. The Nicholls place, half a mile southwest from the State House, eight acres of land, a house and barn; the price thirty-eight hundred dollars. Four or five acres of land can be had adjoining, probably for about one thousand dollars." This was a part of the property lately owned by Trinity College, and which has been sold to the city. The committee in enumerating the disadvantages says, "that it is too expensive." If any member of it was now alive, and should learn the price which the city has paid for it, he very likely would adhere to his former opinion.

"9. Todd's place, one and a quarter miles southwest from the State House, fifteen acres of land, a house, two barns, crib and cider house, price twenty-four hundred dollars. *Advantages*, excellent prospect, good building spot, good ground for walks, gardens, and meadow. Half the land very good, the other half of a poorer quality,—facility of obtaining water and building materials, easy of access and of a good figure, at a proper distance from the city, and at a moderate price. *Disadvantages*. The only objection of any moment, in the opinion of the committee, is the contiguity of the burying ground."

The committee reported in favor of the latter place, which was accepted by the Directors, and on the seventh of January, 1823, the society unanimously resolved, "that the land owned by Mr. Ira Todd, formerly owned by Mr. Josiah Hempsted, containing about fifteen acres of land, and situated between West street and the Hartford and New Haven turnpike, in the town of Hartford, be and the same is hereby fixed upon, as the site for the buildings, &c., of the Retreat for the Insane, if the Commissioners approve

thereof ;" and it also authorized the purchase of "such ground contiguous to the same, as they might think proper."

On the 7th of January the Board of Directors made choice of Dr. Eli Todd to be the Superintendent. Dr. Todd had been active in bringing to public notice the necessity of an institution for the care and restoration to health of the insane, and to him attention was generally directed as one very fit for its chief officer. The salary which was voted him, to commence when he entered upon his duties, was very moderate indeed, only six hundred dollars per year ; but it must be remembered, that all salaries were small at that time, and the experiment was a new one, requiring close economy for its success. And further, Dr. Todd was not expected to spend his whole time at the Institution, but was allowed to devote a part of it to the general practice in which he had been long engaged. This salary, however, was increased to one thousand dollars, "with the use of the dwelling-house on the premises on condition that he remove to said dwelling-house and perform the duties of Superintendent and Resident Physician."

It seems to have been a question in the construction of the building, as to the nature of the materials to be used, whether of brick, Rocky Hill stone, or Chatham stone. The committee, consisting of Nathaniel Terry, David Porter, and Henry L. Ellsworth, recommended that it "be erected of the Rocky Hill iron stone, to be selected for that purpose ; and to be covered with a white cement, or rough cast similar to the Medical College at New Haven." They endeavored to make a contract with Mr. Horace Butler of that town, but not succeeding, did engage with "Mr. Seranton of Derby, who had erected several buildings for Mr. Eli Whitney, and who was mentioned by him and other gentlemen as a good mason." Mr. Seranton thought that "good walls for the building could not be made with Rocky Hill stone," and "the expediency of using the same appearing questionable, the Directors resolved that the building of the Retreat be constructed with Chatham freestone, or with that and other stone, at the discretion of the committee," and "voted that two dollars per day be allowed to the Superintendent of the building when employed."

The plan which the Directors had recommended was adopted by the society. It consisted of a center fifty feet square, three stories in height ; and of two wings, fifty by thirty feet each, of two stories—the whole not to exceed in cost the sum of twelve thousand dollars. As an illustration of the close economy and careful supervision of the building committee, Michael Olcott, Henry L. Ellsworth, and James Dodd, they report January 28, 1824, “that the whole amount expended on the building, exclusive of the steps and iron sashes, falls a little short of twelve thousand six hundred and twenty-two dollars,” although several important alterations had been made.

This was calculated for the reception of forty patients, and was expected to be enlarged as occasion would require ; and it was voted that it be opened for the reception of patients on the first of April, 1824, and that it “be publicly consecrated to the blessing of Almighty God.”

On this day an address was delivered by Rev. Thomas Robbins, at the dedication of the Institution, on “the design and tendency of Christianity to diminish the miseries and increase the happiness of mankind.” As illustrating the Christian spirit which pervaded this benevolent movement, I quote a few sentences of dedication :

“This magnificent edifice, with all its appendages, O our God, we dedicate to thee. Lord, accept of it in mercy, and hold it as thine own. And we devote it to the service of the afflicted subjects for whom it is designed, under the blessing of thy merciful Providence.—It is not by might nor by power, but by thy Spirit, O Lord of Hosts. May the blessing of God Almighty long rest upon it, and make it eminently successful in restoring reason to the distracted, in comforting the desponding, releasing the tempted, and in restoring the broken in heart to comfort and peace.”

Under such favorable auspices the Retreat commenced its operations ; its officers were faithful and laborious, and the Institution soon gained for itself an enviable reputation throughout the country. At its beginning there were, I think, but three or four of like character in existence here, and hence some idea may be

formed of the necessary labor and time to be spent at its establishment ; but the men were in earnest, and its evident necessity gave it the sympathy of the public.

There was also a change being developed in public affairs. The constitution which the State had formed a few years previous, had infused into the minds of men the ideas, and enlarged expectations for the future. The disintegrating of parties led to the abandonment of sentiments and actions which had long controlled the State. The colonial charter had given way to a new constitution more liberal and just ; and the pride and enthusiasm of hopeful youth filled all classes with energy. New institutions were developed, the resources of the State were brought out in manufactures, improvements, and education. The breaking up of a great political party was only a necessity of the times : the old issues were dead or untenable, and men wisely saw that a change had taken place. The public voice was clearly for a new state of things, more liberal, just, and beneficial for the mass of mankind. And so from this new departure came many efforts of enterprise and mercy. Whether the formation of the constitution had led to all that ; or what is more probable, that its establishment was only the result of enlarged views and increasing energy, it is still clear that about this period, and soon after, there was more of enterprise and activity than ever before. Communities, like individuals, are subject to periods of depression and inactivity. The natural course of events : the sober thoughts of honest men : some public commotion, or great calamity, all seem calculated at times, to infuse new vitality and excite to new actions.

Under the superintendence of Dr. Todd, the institution steadily gained in public favor. The number of patients increased and additions were made to the buildings for their accommodation. Few men were so well fitted for the place, and possessed so rounded a character, enthusiastic, intelligent, and well-balanced. Of a fine personal appearance, with a kindly, beaming eye, sympathizing and tender, he was well calculated to impress on all who associated with him, and all who were brought in contact with

him, the assurance that he was no ordinary man. The attention which he gave to this special subject made him an authority with the profession and the public. Nor was he less respected or consulted in his character as a general practitioner. The number of patients in the Retreat was so small that his exclusive services were thought then to be unnecessary, and so he divided his time between the Retreat and patients in the town. He was a steady and hard worker, generous, considerate, and too noble to be pressing in pecuniary matters. So he lived, possessing the confidence and esteem of the public. He did his duty faithfully, and when he died in November, 1833, he died poor in earthly riches, but rich above all in that which a good man leaves behind him.

The Directors very properly "Resolved, that this Board, impressed with a sense of the important services of the late Dr. Todd, in originating and establishing this institution, and by his wisdom, benevolence, and successful practice, elevating its reputation high in public estimation, deeply deplore his loss."

Soon after the decease of Dr. Todd, the position of Superintendent was tendered to Dr. George Sumner, but was refused by him, he declining to take the office of Physician on any terms." Dr. Sumner had been active in the organization of the Retreat, and was still one of the Board of Medical Visitors. He was perfectly cognizant of all its operations and possessed a professional ability fully equal to the place. He came to Hartford about the year 1820, having shortly before graduated in medicine, and soon, by his talents, natural abilities, and fortunate assistance of some of his brethren, gained the confidence and support of the public. He was far more active than many who knew him only in the later period of his life would suppose. To his knowledge of the natural sciences he added an extensive acquaintance with general literature, and a thorough education in his profession, which placed him above some of the practitioners then in the city. His natural amiability and avoidance of everything which was likely to excite opposition, gained him friends who were influential and lasting ; and it is probably true that no physician has pursued his

profession here for a long time, or will do so for a long time to come, who ever had as many sincere friends, or who will be longer remembered than Dr. Sumner. It would have been interesting to have witnessed his operations at the Retreat, had he accepted the office tendered him; doubtless he would have filled it with honor equal to any one. While he could be very decided, if it was necessary, yet the necessity, in his opinion, would occur so seldom, that he would seem to be in accord with every one. And perhaps a life so valuable, in this position would have been prolonged for usefulness far beyond what it was; for so much of unremitting toil as he gave to himself, of constant labor, of active days and active nights, without recreation, could not fail, as it did not fail, in breaking down a nervous system, taxed to its utmost. The compensation offered was probably so far below what he was receiving in his profession that he did not think himself able to accept it.

In June, 1834, Dr. Silas Fuller was appointed as Superintendent, and soon entered upon the duties of his office. He was eminent in his profession, and had some experience in the treatment of the insane at a private establishment of his own at his residence in Columbia. He resided in the house formerly occupied by Dr. Todd, standing near the present west entrance, and received the same compensation that he did. He agreed "to devote to the institution his whole time so far as it might be necessary." He, however, continued in general practice, like his predecessor, and was much consulted in the city and towns adjacent. The same difficulties which had troubled Dr. Todd also caused disturbances now, and led to his resignation in January, 1840. He did not possess the same gentle tenderness and forbearance which enabled the one to suffer without too serious resistance or tiresome complaints.

Though Dr. Fuller could hardly be called regular and systematic in his habits of business, yet there is no reason to suppose that the Retreat suffered during his connection with it. The interests of the patients, their comforts and conveniences, were well attended

to ; but when a man has advanced beyond the age of fifty years, and has pursued the calling of a country physician, and has always transacted his business without much of system, it is hardly to be expected that he will then acquire those orderly habits which ought to belong to the head of an important establishment. Though he was far from being indolent, in fact, was industrious, yet the love of doing his business in a leisurely manner, or deferring until another day that which ought to have been done on the present, made his daily life more onerous than was necessary or convenient.

Yet few men lived so kindly in his home, or enjoyed his family relations better than he did. If he did not possess in his money matters the careful prudence of some men, yet he enjoyed the present with an honest enjoyment, neither troubled by fears which are often imaginary, or regrets for the past which are useless. It was a pleasure to see him in his family, so easy and kind, with a smile on his fine countenance, and a generous invitation to stay, for there was always room at his table for one more.

He enjoyed conversation better than most men in active business whom I have met. He had read much, remembered what he had read, and reflected upon it. So great was his love of books, that when he was practising in the country, he has been known to remain a whole day at the house of a patient, far from home, if he found an interesting or entertaining book there, and did not leave until the reading of it was completed.

His personal appearance was prepossessing, for his figure was large, and his walk leisurely and dignified. He had a good head, an honest, healthy appearance ; the perceptive and reflective faculties were well developed, and such an expression of downright honest common sense about him, that you would say at once he was more than a common man. And yet I suppose he was not always as placid or gentle as might be conjectured from this brief sketch of him ; for when violently opposed, or injured when he was conscious of being right, his actions showed that he possessed some of those impulses which practical common sense men do

possess much oftener than they have any credit for. I was a young man when I knew him, and as he was far my senior, his positive points of character made a strong impression upon me, and perhaps led me to form a more favorable opinion of him than those who only knew him generally, or possibly those who knew him very intimately. The kindly notice which he gave to his younger brethren made them his friends. Though he was far their superior, yet he showed it neither by his actions or conversation. While he was not at all reticent in his opinions, yet there was nothing of offensive dogmatism about them.

After the appointment had been tendered to Dr. Samuel B. Woodward of Worcester, who declined it for satisfactory reasons, Dr. Amariah Brigham was next appointed as superintendent in July, 1840, and continued to discharge its duties until 1842, when he resigned the office, having been appointed as superintendent of the New York Lunatic Asylum at Utica. He lived in a house opposite the Retreat, on the west side of Washington street, the old dwelling house on the grounds having been demolished. The difficulties of his predecessors were in a good degree removed, and in the performance of his duties he had the support of his associates, and the control of the institution. He was a man not inclined to tolerate any divided authority, and though courteous and amiable in general, could be very decided in executing his own views. He brought to the office more scholarly ideas of the nature of insanity, and of derangements of the nervous system, than was possessed by most practitioners of his time. For many years he had given these subjects a very close attention, and though of a lively imagination (which he always denied), yet he possessed so much of common sense, and a proper regard for public opinion, that he was not often led astray by the enthusiasm of an advocate. His natural abilities, which were good, were much increased by the careful study which he gave to his profession, and were enlarged by travel and intercourse with notable men at home and abroad. In his search for, and development of new subjects, he was generally careful to seize upon those which were acceptable to

the popular mind. In his work upon the "Influence of Religion upon the Health," he, however, so far got astray that it met with the condemnation of many persons, and was made a serious objection to his appointment as superintendent. Whilst much in that treatise is correct and worthy of careful consideration, there were some parts which indicated more special pleading than was necessary for the development of his theme. He gave it a good deal of study, and was ambitious to make it a work of extensive notice. I was in his office as a student while he was writing it, and can bear testimony to the continuous labor, patient investigation, and I think, perfect honesty of his motives.

Though his administration was short, yet he introduced many reforms, and by his untiring energy, ambition, and close attention to his duties, gave to the Retreat a reputation equal to any which it had ever possessed. He was required to give his whole services to it, and this arrangement now become necessary on account of the number of patients, was found to be extremely judicious. Few men could be more amiable when he made the effort, and he was so conciliatory and pleasing in his intercourse with the patients, that he quickly gained their confidence and esteem. It is a great faculty to impress upon the sick, that the physician has a special interest in *you*, and this faculty he certainly possessed in a remarkable degree, and was at times extremely apt to address and reason with them in a plain and familiar way, when he thought it to be necessary or would be understood.

The ambition, which was so prominent a point in his character, led him to accept a more influential position for the development of his talents in a neighboring State, and the Retreat was again without a head.

In May, 1843, the Board of Directors unanimously appointed Dr. John S. Butler as superintendent, with a salary of "fourteen hundred dollars per annum, with the use of a dwelling house, garden, and barn," and required "that his time be exclusively devoted to the interests of the Retreat, and only such other practice as shall be offered him at the institution and his own dwelling house."

Dr. Butler soon entered upon the duties of his office, and for nearly thirty years has been the honored head of this House. To it he has directed the best years of his life, and has very essentially aided in giving to it the well-established reputation which it bears. Under his administration the buildings were enlarged, and the number of patients increased. Chiefly to his energy do we owe the beautiful appearance of the grounds; and the recent changes and improvements in the buildings are due largely to his influence and his cultivated taste. As he is here to-night it does not become me to speak more in his eulogy; but I could not say less and satisfy those who are cognizant of the value of his labors. He has done well by the institution, and the institution, recognizing the value of his services, has done well by him. The obligations have been reciprocal, for it has largely increased his salary, given him opportunities for recreation when his health failed him, and in various ways showed how much of confidence was placed in him. So many years of continuous labor in one institution is of unusual occurrence, and indicates very clearly the good qualifications which he possessed, and the esteem and confidence in which he was held by the directors.

And now, with like unanimity, Dr. James H. Denny has been chosen as his successor. Of him we have great hopes. As he has been connected with the Retreat for some time, and at different periods, he has become fully acquainted with its history and its method of management. Let us hope that under his direction the Retreat will not only not lose any of its well-earned character, but will become still stronger in the hearts of all who wish well to the unfortunate.

In this brief sketch I should do injustice to one who was on two different occasions the acting superintendent for the several months which followed the resignation of Dr. Fuller and Dr. Brigham. I refer to Dr. E. K. Hunt, whose period of service gave excellent satisfaction to all connected with the Retreat, and whose energy and professional abilities kept it up to the high standard which it had always maintained.

Much credit is also due to the Managers who at different periods have devoted so much of time and labor in their care for the institution. When we consider the very frequent calls which are made upon them, we shall learn that the duties of their office require much more devotion to these calls of charity and benevolence than most men in active business occupations can be expected to give.

Let us return for a few moments and consider the persons chiefly engaged in establishing and organizing the Retreat. They were among the best men in the State, distinguished for character, energy, and benevolence. To the Connecticut Medical Society belongs the chief honor of bringing to public notice the necessity of an institution for the special treatment of the insane. Some of its wisest and most influential members were warmly engaged in it; among them were Thomas Hubbard of Pomfret, afterwards professor of surgery in the medical institution of Yale College; Eli Ives of New Haven, professor of *materia medica* and the practice of medicine in the same institution; Thomas Miner of Middletown, an able and scholarly man; Samuel B. Woodward of Wethersfield, afterwards superintendent of the Insane Hospital at Worcester, Massachusetts; Earl Swift, of Mansfield; William Tully, professor in several medical colleges, and the most learned man, in his special departments, probably of any one in New England, or perhaps in the United States; Mason F. Cogswell of Hartford, well known in this vicinity; Eli Todd, the first superintendent of the Retreat; George Sumner, then comparatively a young man, always exceedingly interested in this institution, and contributing much of his time and services to it, "until his life's end;" William Buel, of Litchfield; John S. Peters of Hebron, afterwards governor of the State; and many others.

Among citizens who were especially active may be mentioned Thomas Robbins of East Windsor, Nathaniel Terry, the first president of the Retreat, John Caldwell, Isaac Spencer, Thomas Day, Thomas C. Brownell, bishop of the diocese of Connecticut, and for many years the president of the institution, David Watkinson, Samuel Tudor, Wm. W. Ellsworth, its third president.

Wm. H. Imlay, Michael Bull, Henry L. Ellsworth, Henry Hudson, David Porter, James Dodd, James Ward, for a long time its treasurer, and Jonathan Law, for four years its first secretary. These are honored names; they were gentlemen of worth, and as we bring them to remembrance, as many of us can, we recognize how much is due to them for the success of this benevolent work.

"The Retreat for the Insane is merely a charitable institution. Neither its President, nor Directors, nor members of the corporation, ever have received, or can receive, any profits, or pecuniary advantage. All their services in those offices and characters are entirely gratuitous." These were the words of Mr. Alfred Smith and Mr. Gideon Wells, in 1845, and they are correct at this time. Beyond the sum of ten dollars, paid to the Medical Visitors, for traveling expenses, and one hundred dollars paid to the Treasurer for his time and care of the funds, I know of no compensation which is received by any one connected with the Retreat, either directly or indirectly, excepting the salaries and wages which are paid to its officers and servants. Those to whom its direction is committed have no motive but to develop, as far as possible, the benevolent intentions of its founders. When we consider how much gratuitous service is given to this, and like charitable corporations, in our State, we may well thank God that so many men are willing to devote their time and means as instruments of His bounty.

The changes which have taken place in the Retreat, and the additions which have been made at various times, have been extensive. When it made an arrangement with the State, by which it received a considerable number of the insane poor for a small compensation, other buildings were erected, chiefly by its own funds, but partly from the public treasury. The time came, however, when there was a recognition for more extensive provision for the insane than could be here provided : and the State wisely took the matter into its own hands. The number needing its benefits was so great that an institution, under its own care, and capable of accommodating many patients, has been established.

We wish it God speed in its mission of mercy ; there need be no jealousy between us, for more extensive provision is needed than either can furnish. The necessity which now compels our towns to send their insane poor to institutions in other States, ought to be temporary only, and stimulate us to provide more extensive accommodations.

It may seem to some an extension of charity, but I have often thought it to be a duty of the State to make adequate provision for all of its insane at the public charge. If it be looked at in the most selfish light only, it might be a pecuniary gain, for the sooner the insane person is restored to his reason he is better able to provide for himself, and ceases to be a burden to his friends. But when we consider how much is lost by delay in the want of proper care and treatment, and how beneficial these are in the early stages of the disease, and how sure these opportunities would be embraced if afforded, a good argument is advanced for its encouragement.

Just consider how many families there are, whose ordinary establishment is at a stand still, whenever its head, or one of its members is afflicted with insanity. In a certain sense it is to them worse than death, for while the usual support is lost, there is provision to be made for the ordinary expenses, and those extraordinary ones which are unexpected, and always attendant upon sickness. The honorable feeling of honest poverty, which too often leads many to refrain from asking public aid, would be less felt when there was like provision for all, poor and rich alike. And so, by being quickly brought under special treatment, the probabilities of an early cure would be increased, and the invalid be sooner restored to society.

How serious a matter insanity is but few can realize, unless they have been brought in immediate contact with it. We talk about ordinary sickness which afflicts the body, as being unfortunate or severe, but how much more so that which, in addition, seizes upon both body and mind. It often comes so insidiously, it makes its approach so silently and unobserved, it steals upon us gradually

like the approaching shades of night. It is upon us before we are aware of it ; it is established before it is recognized. O the horrible dread and sorrow ! O the inexpressible anguish when we recognize that the mind of our dear friend is dethroned, and no longer preserves its healthy balance. It comes upon us almost like the pall of death : we are overthrown with the magnitude of the affliction ; we are overwhelmed as with an avalanche. Then we need all that human aid and sympathy can give us : then we need the profoundest recognition of Divine dependence. When I call to mind the cases of insanity which I have seen during my professional life, I can truly say, that in no other has there been witnessed so much of trouble and of sorrow, as in these.

The ideas which many entertain of insanity are very singular, and almost inexplicable, did we not remember, that they associate with mental derangement, great acts of violence, or turbulence ; whereas these are, as a rule, rather the exceptions. Hence, when these do not exist, the popular mind is very ready to say that no insanity exists at all. A specific disease like measles, or pneumonia, or typhoid fever, is not less one of these diseases, because all of the usual symptoms are not present, or if present, are not manifested in their greatest severity. They are no less measles, pneumonia, or typhoid fever. The concurrence or combination of certain symptoms, renders their diagnosis sure and positive. It is a bold assertion to say it is not so, when one who, by his education and experience, asserts that they are present. A person skilled in his occupation, no matter what it may be, is certainly more likely to be right, than one who has given it no attention. A like charitable construction should give more of confidence to the opinions of those who have given to mental diseases a special study. And yet, how many are ready with neither education nor experience, nor any particular skill, at once to pronounce their opinion as to insanity in any given case, and oppose it to those of experts. I know it is often said that Superintendents of insane asylums are ready to declare, that any one is insane whose conduct is a little singular or eccentric, and that they are ready to sustain the plea

of insanity, in certain cases, when acts of violence have been committed. But how unreasonable this charge appears, when we consider that they ought to be better qualified to judge of these matters than others, and are better qualified, without any reasonable doubt. No one can venture to assert that his opinions are always correct, but I think I am right in saying that medical experts in insanity compare very favorably in their opinions, with the opinions of any other men, in any occupation whatever. To say that none of them have ever made mistakes would probably not be true; and yet, let it be remembered, that in not a few cases, when popular expression was against them, time has confirmed their opinions. In the course of my professional life I have become acquainted with a few of them, and I can truly say that they have been found to be earnest workers in their specialty, anxious to learn, diligent in study, charitable, and less dogmatic than many without their learning.

It is pretty well established, that insanity is usually easily removed if treated early, and that generally the patients recover sooner if removed from their friends; experience has established this, and hence institutions for their cure have been erected all over the land. Fears are sometimes expressed that the patients will not always be well treated, and it is doubtless true that they sometimes are not. When men lose all the baser parts of their nature, and become as angels, then this may always be expected; but as a rule, the patients in our insane hospitals do, I honestly believe, suffer less of abuse and hardship, than in their own families. Nothing in the history of these institutions will begin to compare with the tales of horror which are occasionally made public, of the ill treatment of insane persons outside of them. This comes, I readily admit, often from the ignorance of friends, and from their positive inability to afford or procure proper treatment. It is just here, that the skill of trained persons becomes beneficial, and homes specially constructed, afford unusual comforts and conveniences.

It may be truly said, that the Re'treat has been as little faulted

as any of its sister institutions. It is not to be expected that it could exist for half a century and not receive the ill remarks of some. What individual passes through an equal period of an active life and does not wrongly suffer? Can this institution be more fortunate, when, with all its officers and servants, it is brought in contact with so many having different interests, and often unreasonable jealousies and suspicions? In very few has there been less cause for complaint, and it has always been the intention of its managers that none should be allowed to exist.

This is not a rich corporation, with valuable funds, which are enjoyed by its managers; it has no funds, except a few special ones for specific objects, and those of small value. In May 1825, the General Assembly granted to the Retreat a lottery, to raise the sum of forty thousand dollars, and a contract was made with Yates & McIntyre for its sale to them, for this sum. I have not been able to ascertain exactly how much was realized by this grant, but as it extended over the term of seven years, and Yates & McIntyre were extensive lottery dealers, it may be supposed that it was profitable to them. It illustrates the history of the times, as showing the methods of raising money for benevolent and other objects, like the building of bridges, &c. It does not seem to have been considered at all disreputable, and it was not till after years that the Legislature wisely forbid their continuance. The best men in this society were desirous of realizing as much as possible from the grant, and to the contract with Yates & McIntyre the Directors voted "that the Vice President, the Rt. Rev. T. C. Brownell, be authorized to sign, in behalf of the corporation, a contract with Messrs. Yates & McIntyre of New York for the sale of a lottery grant for the benefit of the Retreat, and that said Vice President be authorized to affix his seal to said signature, which for this purpose shall be considered the seal of this Corporation." It is to be hoped that the good Bishop did not use the Episcopal signet on this document.

By the act of Incorporation the Governor was "authorized and

requested to grant a brief annually for five years, soliciting contributions for the benefit of the Institution, and to issue proclamation accordingly." The Directors, in August 1823, appointed a committee, consisting of "Messrs. Wheaton, Robbins, and Cushman, to address the public through the medium of the newspapers, regarding the contemplated necessities of the Society." In response to this appeal, contributions were made in various churches, but I think only a comparatively small amount was raised.

It does possess some real estate, which was purchased many years since, and is now valuable. A few hundred dollars is all the money received from it, though it does aid in furnishing some vegetables, hay, &c., for the use of the Retreat. But it is in debt now, at this time twenty thousand dollars. This is part of the sum incurred from the extensive alterations and repairs made a few years since, rendered necessary by the establishment of a new institution in this State. The changes were for the benefit of the patients, and have been of value. While it now offers advantages and conveniences which are not often surpassed, it could do still more if it had more funds. For fifty years it has found earnest friends, but with one exception it has never received any large legacy or bequest.* The matter may be commended to those whom God has blessed, and who are charitably disposed. But few objects are more worthy of our regard than those which assuage the ills of this life, and few are so truly pitiable as those which disturb the mind. We may commend to those who would benefit this unfortunate class the words which Walton says "good George Herbert" caused to be writ upon, or engraven in the mantel of the chimney in his hall,

"If thou chance for to find
A new house to thy mind,
And built without thy cost ;
Be good to the poor,
As God gives thee store,
And then my labour's not lost."

* One by Mr. A. H. Bull in 1869 amounting to \$25,000.

There have been received into this Institution since its establishment, 5,508 persons. Of these a large number have been restored to health and returned to their homes. Many also have received relief in those attentions which can here only be afforded, and who can tell how much of comfort to patients and relief to friends has been given. The evils of poverty, the sickness of the body, the disturbance of the mind, are practical objects of benevolence at our own doors, and more readily relieved than when many thousand miles afar. While our obligations are universal, yet we will find them of special importance to this unfortunate class. The very erroneous idea which I fear is sometimes entertained, though not expressed, that there is something of reproach, or mortification attached to those bereft of reason, should not be listened to for a moment. It is in no sense anything of the kind, and should no more be regarded in this light than the usual bodily diseases which fall upon men. Possibly the insane themselves sometimes have the same thoughts, and suspect that they will ever be regarded with distrust. But inasmuch as recoveries are so often perfect, and if not perfect, yet indicate no great mental disturbance, the sufferers should ever receive our sympathy and confidence. There is no disgrace in entering this institution or any other Hospital, if these afford the best methods of cure.

EXTRACT FROM THE REPORT FOR 1870,
BY DR. JOHN S. BUTLER,
SUPERINTENDENT OF THE RETREAT DURING NEARLY
THIRTY YEARS.

DESCRIPTION OF THE BUILDING.

"The plan of the principal floor" shows that the entrance hall which connects the two porticoes (L) is intersected at right angles by a corridor (H) which gives a direct approach to the Board Room (M) and to the Reception Rooms (D) on both sides, and to the wards in each wing. Both of the Reception Rooms are reached by private outside entrances, so that patients to be admitted need not come into the centre building at all. The Dispensary (E) was removed from what is now the corridor to the opposite side of the Superintendent's office (A). The main stairway in the centre building was rebuilt. At the head of these stairs, and opening pleasantly upon them, is a room 10×11 over the rear portico (L), which gives us a small Conservatory.

Upon each side of the main building, between it and the wings, flights of stairs have been constructed leading from the kitchen and lower offices to the Chapel, chambers, &c., which effectually remedies great inconveniences formerly existing. By the removal of a front chamber the upper corridor is extended to the second story of the portico, giving us full command of the wide eastern view. By extending the outer wall of the wing to the bakery (U) on the one side, and to the amusement hall (X) on the other, over spaces formerly parts of the airing courts, the width of this part of the wing was increased over seventeen feet, the former outside wall of the old building being now an inside partition wall between the corridor (H), and the dining room (I), and the larger bedroom (R). By this extension of the width of the building we

have increased the size of nearly all the bed rooms in the hall to an average of about 9×17 feet. The former one-story building which connected this hall with one running at right-angles beyond it has been replaced by an entirely new structure, represented in the front view of the building, by the tower. The first and second stories of this new building are connected, respectively, with the old halls, giving spacious parlors, corridors, and large airy bedrooms; in the third story of the tower is a large hall, to be occupied as library and billiard rooms.

On the two next halls, running at right-angles with the one just described, parlors have been constructed at each end of the corridors, and in the upper hall the ceilings of the parlors have been raised and other changes made, which have given this hall a new and most inviting appearance. On each story of this wing several rooms were removed, and the space converted into suites of apartments, as at (N). Each of these suites contains a small parlor, bed room, and bath room. Every hall now contains in itself a complete arrangement of one or more parlors, dining room, bath room, with lavatory and water-closet. We come next to the "intended addition," marked (W). These are embraced in the plans of Messrs. Vaux & Co., and are intended to give spacious and pleasant apartments for a class of patients too excitable to mingle at all times with the more quiet and convalescent members of our family, but who still require handsome apartments with ample conveniences. The building of this section and the reconstruction of the fourth and fifth halls (Lodges), the board is compelled to postpone.

RECONSTRUCTION.

Since the publication of the Report of 1868 a most important era marks the history of the Retreat. Its semi-official connection with the State, and all its direct or indirect obligations in regard to receiving the Indigent Insane, have entirely ceased. Great and radical changes have taken place in the building, parts have been rebuilt, and all has been remodeled and adapted to its new exi-

gencies. The capacity has been reduced in regard to the number to be received, but largely increased in respect to the comforts and facilities of treatment afforded its inmates. In order to put fairly on public record the causes which have almost literally compelled your board to this new measure, I must allude briefly to points of our history, some of which have been given more in detail in the forty-third and forty-fourth reports.

The first patient was received into the Retreat, April 1, 1824.

There were at that time four other Lunatic Hospitals in the United States, all containing less than two hundred patients.

The very interesting report of Dr. Todd, made one year afterwards, shows that during that year 44 cases (12 recent, and 32 chronic), had been admitted. Of these, 20 had been discharged, of whom 5 had recovered, and 24 remained (of whom 4 only were recent, and 20 chronic).

It is interesting to compare these with the results given in our last published report, in 1868. The total number resident for that year was 413, while of the 167 discharged, 72 had recovered, and the whole number remaining was 246.

The first important change made in the arrangements or buildings of the Retreat was in 1832, when fifty rooms were added at an expense of \$10,000.

The next was in 1844-5, when two wings were erected, accommodating 122 patients, at an expense of \$22,000. This last enlargement grew out of that connection with the state which has been so little understood or appreciated.

The persistent ignorance which continues to represent the Retreat as having been for years the ungrateful recipient of large annual donations from the legislature, made in consideration of our receiving the Insane poor, makes it proper for me again to put on record a simple statement of facts.

In 1840, this board, moved by an appeal to their charity and sympathy, in favor of the Indigent Insane, who were exposed to great suffering in the almshouses and elsewhere in the state, adopted the following resolution :

Resolved, That all indigent persons, citizens of the state, and proper subjects for such an Institution, shall be received and supported at the Retreat for a sum not exceeding \$2.50 per week.

In May, 1842, the general assembly appropriated "a sum not exceeding \$2,000 a year, for the support of such Insane persons whose parents and guardians were unable to bear all, or any part, of their expense at the Retreat."

In the note below I give an extract from our forty-third report, presenting the detailed results of the action of your board, and the board charity which it dispensed.* The selectmen of the towns and other guardians of the poor, were not slow to appreciate the pecuniary and other advantages of this arrangement. Consequently the number of state beneficiaries gradually increased, and with it increased the appropriations of the state, until it became evident, that with one hundred and fifty of this class already

* "The Retreat, in addition to the buildings, ground, and organization previously existing, has expended \$43,000 of its own funds in the erection and furnishing of additional rooms and other accommodations. It has also paid its officers, has made repairs and improvements, sometimes *costly* and *extensive*, has assumed and met all responsibilities for contingent expenses and deficiencies, &c., and has given its indigent class in common and equally with others paying a higher price, the advantages of a large proportion of attendants and other increased appliances of treatment, and has received from the State of Connecticut in forty-three years only \$24,000. In other words, the Retreat has furnished to this class medical attendance, medicine, board, washing, and mending; attendants, averaging one nurse to seven or eight patients; has heated and ventilated the apartments, employed a chaplain, furnished large libraries, carriages and horses, ornamental grounds for recreation, rooms for entertainments and various amusements, decorated the halls with engravings, and all at a rate of board the lowest charge of which was from 1844 to 1849, inclusive, \$2.50 per week; from 1850 to 1863, inclusive, \$3 per week, with the exception of one year, when it was \$3.50; in 1864, '65, '66, and '67, at \$4 per week; a rate of charge that has proved inadequate to cover the actual cost, and which has only been maintained by the excess of our income derived from self-supporting patients paying us a higher price.

"The average cost of maintenance for each patient for five years prior to April 1st, 1957, was \$3.49 per week: for the year 1865 it was \$4.80 per week, for 1866, \$5.50 per week, and for 1867, \$6.16 per week."

in our wards, and with over two hundred insane people in the almshouses of the state, who might at any time be brought to our doors, that the Institution, with a reasonable capacity of only two hundred patients, and dependent for its support on a class able and willing to pay us higher and remunerative rates, was in danger of becoming merely a receptacle of the indigent and incurable. Justice to the Retreat demands that it should be fully understood that it has not received the donation of a dollar from the treasury of the state, since the year 1855, and the whole amount it has ever received from it, since the opening of the Institution, in the year 1824, is simply \$24,000.

On the other hand, it has for years, without cost to the state, provided, from its own funds, the buildings and other appliances necessary for the annual care and treatment of from one hundred and thirty to one hundred and fifty of the state beneficiaries, as enumerated in the preceding note.

When a reasonable annual interest is computed upon the amount invested by the state to furnish for two hundred patients precisely what the Retreat furnished gratuitously for its proportionate number, it will be seen that it has, year after year, given, in the saving of interest to the state, an amount equal to all it has ever received from it in forty six years! I have dwelt upon this because I cannot consent that the good the Retreat has thus done should be evilly spoken of.

Nor do I speak of this complainingly. The action of the directors was taken intelligently and of their own free will, and they are well content with the results, in view of the good they have accomplished. It left them not rich, as many think, but with a small surplus fund of a few thousand dollars, not exceeding \$25,000. It has restored hundreds to soundness of mind, has conferred measureless blessings upon more of the sick and the afflicted, and, as a crowning result, its action originated the popular movement which has resulted in the erection by the state of its well-built, thoroughly-appointed, and excellent state hospital.

In this connection it is well to define our position, which is

simply that of any other private chartered institution. We admit all suitable applicants, upon our own terms, at such rates of board as shall give us fair and reasonable compensation for the care required and accommodations furnished, reserving, of course, the right to reject such applicants as we may deem unsuitable. Occasionally the governor has aided indigent patients by defraying part of their expenses here; but this in no manner affects their position or relation to this institution any more than if they were assisted by private benevolence.

The large diminution of our number by the removal of the state patients, brought at once before us this grave question, What should we aim to make the future of the Retreat?

This was a question by no means of easy solution. By the original construction of the house, it was divided into small halls, requiring, comparatively, a large number of attendants for a limited number of patients, thus increasing the relative expense of each. Our farm was too distant to be made available in increasing our income to any great extent. On the other hand, the small size of the rooms, the low ceilings, the imperfect classification, the deficient heating and ventilation of the whole building, constructed so many years ago, the narrow and ill-arranged corridors, the want of suitable dining rooms, and the general worn and defaced condition of the house, made it evident that we could not compete with other asylums, either in the reception, at living rates, of large classes of low-priced patients, or of small classes of patients paying us higher and more remunerative prices. To do nothing but let the Retreat drift, to wait, as it were, to let the river run by that we might possibly get over dry shod, to let others take from us the advantages we had earned in so many years of earnest effort, and which we might never regain, was simply suicidal.

The decision at which the board arrived, after a careful consideration of the subject, was eminently wise and judicious, and will, I am confident, be fully justified by the remedial and financial results. This decision was to meet the emergencies of the institution; to make such changes, internally and externally, in the

building as should make it compare favorably with the best institutions in the country; and on the sound principle illustrated on a smaller scale in the improvement of the grounds, that what was worth doing at all was worth doing well, to do it systematically and thoroughly with a wise and rigid economy; and then, in mercantile phrase, to run the risk of the investment. In thus deciding to reconstruct the old building instead of rebuilding upon a new site, we have avoided a large loss which would have inevitably attended a change of location and have obtained results which have exceeded our most sanguine anticipations. Moreover, the past history of the Retreat, and its prestige, earned by so many years of earnest effort and successful treatment, are inseparably connected in the minds of its large circle of friends, with its pleasant location and its beautiful and almost unrivalled surroundings: all these possible elements of future success have been most wisely retained. The whole question of the manner of reconstructing the buildings was submitted to the well-known architects, Messrs. Vaux, Withers & Co., of New York city. They were requested to furnish plans which should embrace the desired improvements and yet be within our limited means. The problem before them was one of no easy solution. The architects were given a building, commenced more than forty years ago, extended at various periods without any uniform plan or systematic fitting together of its disproportionate parts, and with an entire absence of architectural style and of apparent capacity for improvement.

The solution required was to apply the principle adopted in our hotels, watering-places, and other arrangements of social life, to the accommodation of those insane persons who might come to : for a temporary refuge or a permanent home, and who, having been accustomed to a larger share of comfort or luxury, should not be deprived when taken from home and placed among strangers, of any not injurious indulgence, made essential by previous habits, tastes, or even prejudices. *

The results they have obtained are more than satisfactory: they so commend themselves to us all as to require no detailed com-

ments from my pen. Externally the plain and factory-like looking building has been converted into a beautiful home-like structure, more resembling a country residence of a private gentleman than a public building or a hospital.

Internally, as I remarked in a former report, the various difficulties which always attend the remodeling of an old house and adapting it to modern taste and necessities, have been skillfully and happily overcome, while the introduction of all essential improvements has been as ingeniously and happily affected.

We are given pleasant and spacious parlors, cozy alcoves, large, airy sleeping-rooms, convenient bath-rooms and lavatories, and handsomely furnished dining-rooms on each hall. Suites of rooms with parlor, bed and bath-room, light and ample corridors, with enough of irregularity of form to avoid a wearisome monotony, all well-heated and ventilated. Light windows, with simple wire guard, in place of the old-fashioned, heavy windows with heavy iron grating.

The broad and enlightened liberality of your board has opened a new era in the history of your institution; as year after year develops, more and more, the beneficent influences of the good work you have accomplished, there will come to you the constantly increasing consolation of having most effectually ministered to the necessities of some of the greatest sufferers of the human family. In diminishing the numerical capacity of the Retreat, you have largely increased its ability to do good. You are opening your doors more widely to a large class who were being practically excluded from them, a class whose sufferings from mental disease were most acute, whose necessities of care were most urgent, and whose restoration to health and usefulness was most important.

In the broad commonwealth of Christian charity, all men should safely rest upon the equality of the brotherhood established by our blessed Master; but the natural habits of life, the

commendable refinements of Christian civilization, give necessities and sensibilities to some which do not exist in others.

The old charge given to the Dictator, in the days of peril, of the Roman republic, to see to it that no harm came to any citizen, expresses the whole duty of every Christian state. Every insane man or woman should be provided for, either by private beneficence or by official action. No one part of our duty to our fellow men can be consistently neglected: "This ought ye to have done, and not to have left the other undone," is a command which has no limitation short of the fulfillment of the whole law.

ADMISSION OF PATIENTS INTO THE RETREAT FOR THE INSANE, AT HARTFORD.

No patient admitted for a shorter time than three months; and payment for *that term only* is to be made in *advance to the Treasurer or a Manager*.

Subsequent expenses are to be paid quarterly to the *Steward*.

If the patient is removed *uncured* before the expiration of thirteen weeks, and contrary to the advice and consent of the Superintending Physician, board is always required for that period; but if the patient recovers before the expiration of the period paid for, or leaves with the full approbation of the physician, the excess is refunded.

Letters relating to the quarterly bills and clothing should be addressed to Mr. THOMAS H. HOLADAY, the *Steward*. Clothing and packages sent for the use of the inmates should be sent to the care of the steward.

All letters in relation to the situation and health of the patients, &c., &c., will, of course, be addressed to Dr. JAMES H. DENNY, the *Superintendent*.

Application for admission should be made to Dr. Denny, the *Superintendent*, *previous to the patients being brought to the Retreat*, in all cases. A brief statement of the case should accompany the application.

[*Extracts from the Law passed at the last (1869) Session of the Legislature.*]

"SECT. 1. Any lunatic or distracted person may be placed in a hospital, asylum, or retreat for the insane, or other suitable place of detention, either public or private, by his or her legal guardian, or relatives or friends in case of no guardian; but in no case without the certificate of one or more reputable physicians, after a personal examination made within one week of the date thereof, which certificate shall be duly acknowledged before some Magistrate or other officer authorized to administer oaths, or take the acknowledgment of deeds in the State where given, who shall certify to the genuineness of the signature, and to the respectability of the signer."

Form of Certificate and Request, which the friends and patients are requested to present with the application for admission.

REQUEST FOR ADMISSION.

(To be signed by a guardian, near relative, or friend.)

I request that M—————, of ———, may be admitted as a patient into the Retreat for the Insane.

CERTIFICATE OF PHYSICIAN.

I hereby certify that I have, within one week of this date, made personal examination of M—————, of —————, and believed h— to be insane.

—————, 187 .

Subscribed, sworn to and duly acknowledged by the said —————, before the subscribing authority—————, of —————, and I do hereby certify that the subscriber to the above certificate is a respectable physician, and his signature above is genuine.

—————, 187 .

FORM OF BOND.

Upon the admission of —————, of —————, into the RETREAT FOR THE INSANE, at Hartford, I engage to provide or pay for a sufficiency of clothing for ————— use, and to pay to the Treasurer of the said Institution ————— dollars per week for board, medicine, and medical attendance; and also to pay the expense of a separate attendant, if the Superintendent shall deem one necessary; to make compensation for all damages done by ————— to the property of the Retreat; to pay reasonable expenses for pursuing in case of elopement; cause the said patient to be removed when discharged; and in the event of death, to pay the expenses of burial.

—————, *Principal.*

For the value received, I hereby engage to be responsible for the fulfillment of the above stipulations.

—————, *Surety.*

HARTFORD, CONN.,—————, 187 .

Approved by —————

FORM OF BEQUEST.

ITEM. I give and bequeath to the CONNECTICUT RETREAT FOR THE INSANE, in the city of Hartford, the sum of ————— dollars, to be paid by my executors out of my real and personal estate, as soon as the settlement of my affairs will permit, to the Treasurer of the said Institution, for the time being, in trust, to be applied by the Directors thereof to the humane purposes of said Institution.

VISITORS.

The Managers of this Institution, aware of the interest generally felt in its prosperity, which is naturally connected with a desire to visit its inmates and inspect its internal arrangements, are convinced that the welfare of the patients

and the duties of its officers require that such visitations should be subject to the following regulations:

I. The Institution will be open for Visitors (Sundays excepted) from two to four o'clock in the afternoon.

II. All visitors, except persons having business at the Retreat, will be required to provide themselves with tickets for admission from the Managers or the Treasurer, either of whom will grant the same, unless their knowledge of circumstances make it, in their judgment, necessary to refuse.

MANAGERS.

WM. R. CONE, Ætna Bank.

CALVIN DAY, 55 Spring Street.

GURDON W. RUSSELL, 490 Main Street.

TREASURER.

THOMAS SISSON, 256 Main Street.

